

ABSTRACT

THE CORRELATION BETWEEN FOOD INTAKE AND NUTRITIONAL STATUS OF CHILDREN AGED 6-8 YEARS OLD DURING OFFLINE LEARNING AT SEKOLAH DASAR NEGERI 1 PANJANG SELATAN AND SEKOLAH DASAR SWASTA MY DOLPhin CHRISTIAN SCHOOL

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Background: At the time of COVID-19 in Indonesia, elementary school aged 5 – 12 years old had an obese nutritional status with a frequent eating pattern. Currently, offline learning has started and the pandemic has become an epidemic. **Method:** This research was conducted with a cross-sectional approach from Food Recall 1x24 Hours form and an Anthropometric Measurement form for children aged 6 – 8 years old at Sekolah Dasar Negeri 1 Panjang Selatan and Sekolah Dasar Swasta MY DOLPhin Christian School in September – December 2022 during offline learning. The independent variables studied were energy, carbohydrates, protein, and fat food intake, while the dependent variable was the nutritional status of elementary school student. Data analysis was performed using a chi-square test. **Results:** Based on the results of bivariate analysis, it showed that there were no significant correlations between energy food intake ($p = 0,179$), carbohydrate food intake ($p = 0,630$), protein food intake ($p = 0,435$), and fat food intake ($p = 0,410$) on nutritional status. **Conclusion:** There were no significant correlations between energy, carbohydrates, protein, and fat food intake based on nutritional status of children aged 6 – 8 years old during offline learning.

Keywords: energy, carbohydrates, protein, fat food intake, nutritional status, offline learning.

ABSTRAK

HUBUNGAN ASUPAN MAKAN SELAMA PEMBELAJARAN TATAP MUKA TERHADAP STATUS GIZI ANAK USIA 6-8 TAHUN DI SEKOLAH DASAR NEGERI 1 PANJANG SELATAN DAN SEKOLAH DASAR SWASTA MY DOLPhin CHRISTIAN SCHOOL

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Latar Belakang: Saat COVID-19 di Indonesia, anak usia sekolah dasar 5-12 tahun memiliki status gizi obesitas dengan pola makan sering. Saat ini pembelajaran sudah dimulai secara tatap muka dan kondisi pandemi telah menjadi epidemi. **Metode:** Penelitian ini menggunakan pendekatan *cross-sectional* dan data yang digunakan berasal dari formulir *Food Recall* 1x24 Jam dan formulir Pengukuran Antropometri anak usia 6-8 tahun di Sekolah Dasar Negeri 1 Panjang Selatan dan Sekolah Dasar Swasta MY DOLPhin Christian School pada bulan September – Desember 2022 selama pembelajaran tatap muka. Variabel independen yang diteliti yaitu asupan makan energi, karbohidrat, protein, dan lemak, sedangkan variabel dependen yaitu status gizi anak usia sekolah dasar. Analisis data dilakukan dengan menggunakan uji *chi-square*. **Hasil:** Berdasarkan hasil analisis bivariat menunjukkan tidak adanya hubungan yang bermakna antara asupan makan energi ($p = 0,179$), asupan makan karbohidrat ($p = 0,630$), asupan makan protein ($p = 0,435$), dan asupan makan lemak ($p = 0,410$) terhadap status gizi. **Simpulan:** Tidak terdapat hubungan antara asupan makan energi, karbohidrat, protein, dan lemak terhadap status gizi anak usia 6 – 8 tahun selama pembelajaran tatap muka.

Kata Kunci: asupan makan energi, karbohidrat, protein, lemak, status gizi, pembelajaran tatap muka.